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Check Your Belly Size

Adding to the growing evidence that a person's waist size is an important indicator of health, a recent study at Beth Israel Deaconess Medical Center has found that larger waist circumference is associated with increased risk of heart failure in middle-aged and older populations.



Measuring your waist can help you find out how much fat you have stored around your stomach.

For most adults, the goal for a healthy waist is less than 40 inches for men and less than 35 inches for women.

To measure your waist circumference, place a soft tape measure around your body at the top of your hipbone. This is usually at the level of your belly button. Don't have a soft tape measure? Pick one up at the drugstore for about \$2.

Try these to reach a healthy weight and reduce your waist size:

1. **Improve Eating Habits.** Write down what you eat and aim for more fruits and veggies and whole grains, less saturated fat and processed foods. Consider joining a weight management group like Weight Watchers to keep focused.
2. **Get Moving.** Try to make physical activity a regular part of your day. Can't join a gym? Buy a good pedometer (about \$22) and increase your steps daily. Work up to 10,000 steps per day.
3. **Change Your Thinking.** Our thoughts have much to do with how we feel and what we do. If you stop your brain from telling you discouraging things and encourage self-talk, you'll be surprised you much healthier you'll be – in mind and body.

See next page for more weight management tips.....

City Wellness Events

Advanced Directives & Living Wills

June 9 and June 18
12 noon – 1:00 PM
Seattle Municipal Tower
Room 4050/4060

Weight Management

June 3
12 noon – 1:00 PM
Seattle Municipal Tower, Room 1610

June 24
12 noon – 1:00 PM
Seattle Municipal Tower, Room 1610

Mammography Screening – July 27-31

Save the dates and look for more details in future editions of *Take Charge!*

Featured City Benefit



Have questions about a condition or disease? Child running a temperature? Contact a consulting nurse at:

Aetna Informed Healthline
1-800-556-1555



Group Health Nurse Line
206-901-2244

How Much Physical Activity do I Need?



According to the *Physical Activity Guidelines for Americans**, you need to do two types of physical activity each week to improve your aerobic health and muscle strength. Adults need at least:

	2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity (i.e., brisk walking) every week and
	muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms)

OR

	1 hour and 15 minutes (75 minutes) of vigorous-intensity aerobic activity (i.e., jogging or running) every week and
	muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

OR

	An equivalent mix of moderate- and vigorous-intensity aerobic activity every week and
	muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

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Eating for a Healthy Weight

According to the *Dietary Guidelines for Americans**, a healthy eating plan involves:

- ☐ Fruits, vegetables, whole grains, fat-free/low fat milk products.
- ☐ Lean meats, poultry, fish, beans, eggs, nuts.
- ☐ Foods low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.
- ☐ Staying within your daily calorie needs. The [American Cancer Society Calorie Counter](http://www.cancer.org) (www.cancer.org) can estimate how many calories to eat to maintain your current weight and provide weight loss tips

Hummus Veggie Wrap

2 fat free 10-inch tortillas
 4 Tbsp softened fat-free cream cheese
 4 Tbsp pureed garbanzo beans
 1 small tomato, chopped
 1 green onion, chopped
 1/2 cup shredded leaf lettuce
 2 Tbsp fresh Italian parsley
 2 Tbsp salsa of choice



Spread cream cheese over one tortilla, placing second tortilla over cream cheese. Spread hummus on second tortilla. Sprinkle with chopped tomatoes, onions, lettuce, parsley and salsa. Roll tortilla and wrap tightly with plastic wrap. Chill to firm the cream cheese. Slice in half, making two 5-inch wraps.

Nutrition Analysis (Serves 2)

Calories	287
Total Fat	4 g
Cholesterol	5 mg
Sodium	937 mg
Carbohydrates	47 g
Protein	17 g

General Information:

Take Charge! is a general guide to healthy behavior. Contact your health care professional for specific health concerns.